

	Bread of Holy Oblation	Fellowship Hour
25 Feb	The Tawil Family/40-Day Memorial for Nimatallah 'Norman' Tawil	The Tawil Family/40-Day Memorial for Nimatallah 'Norman' Tawil
04 Mar	Rainier & Jamilee Bellone/40-Day Memorial for Eliane Capdeville & 6-month Memorial for Helen Laux Caroline Helou/40-Day Memorial for Ramez Raphael El-Halou	Caroline Helou/Memorial for Ramez Raphael El-Halou
11 Mar	Marie Khalil	Marie Khalil
18 Mar	open	Nadir & Silvia Tawil
25 Mar	The Brown Family/IMO Abraham Brown & 90th Birthday of Lulu Brown	The Brown Family/IMO Abraham Brown & 90th Birthday of Lulu Brown

**FELLOWSHIP HOUR
AND BREAD OF HOLY OBLATION**

Baking or ordering the Holy Bread of Oblation or providing and serving the refreshments for Fellowship Hour following the Liturgy on Sundays is a great way to practice Christian fellowship among our fellow parishioners. Notice the openings to the left and consider contributing to this vital ministry. Sign-up in the vestibule.

SS. PETER AND PAUL ANTIOCHIAN ORTHODOX CHURCH
10620 River Road Potomac Maryland 20854 • 301-765-3400 • www.peterpaulpotomac.org

Kindly keep all cell phones turned off or muted while in Church. Thank you.

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SS. PETER AND PAUL ANTIOCHIAN ORTHODOX CHURCH
Antiochian Orthodox Christian Archdiocese of North America
H.E. Metropolitan JOSEPH
Archbishop Primate

All Things Are Possible to Him Who Believes

Matins: Sundays 9:30am

Divine Liturgy: Sundays 10:30am

DIVINE LITURGY VARIABLES ON SUNDAY, FEBRUARY 25, 2018
tone 5 / EOTHINON 5
FIRST SUNDAY OF GREAT LENT
(SUNDAY OF ORTHODOXY)

TARASIOS THE CONFESSOR, ARCHBISHOP OF CONSTANTINOPLE; HIEROMARTYR REGINOS, BISHOP OF SKOPELOS; HIEROMARTYR MARKELLOS, BISHOP OF APAMEA IN SYRIA; MARTYR ALEXANDER OF MARKIANOPOLIS

RESURRECTIONAL APOLYTIKION (Tone 5)

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION OF FIRST SUNDAY OF GREAT LENT (Tone 2)

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

APOLYTIKION OF SAINTS PETER AND PAUL (Tone 4)

O foremost in the ranks of Apostles, and teachers of the world, Peter and Paul, intercede with the Master of all to grant safety to the world and to our souls the great mercy.

KONTAKION FOR THE ANNUNCIATION (AND GREAT LENT) (Tone 8)

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

“Withhold not good from them to whom it is due, when it is in the power of your hand to do it” (Proverbs 3:27). O man, give thanksgiving to God that someone seeks something good from you, be it material, or spiritual! This means that you are a man of God’s trust: God has entrusted some of His goods to you because all goods belong to God. Show yourself worthy of this trust, show yourself worthy in lesser things so that you may be entrusted with greater things.

St. Nikolai Velimirovich

CHALLENGES OF ORTHODOX THOUGHT AND LIFE

Reflections on Christian Foundations and Living Traditions
By Hieromonk Calinic (Berger)

Labor and Leisure

Thomas a Kempis wrote in his reflections, “Why do you look for rest, when you were born for labor?” His question reflects a profound truth about human nature and about what gives human beings peace. Namely, work brings satisfaction and consolation to human life, not “entertainment” and “taking it easy.” After all, Adam was told to tend the garden. God created the world and made man in the image of God, who therefore co-creates with God in the world. Laboring is part of human nature.

The same is true in the spiritual life. Peace of soul is not only obtained but maintained through great efforts. For this reason St. Theophan the Recluse advised, “Above all, never relax.” Christ invites those who are laboring to enjoy His blessings: “Come unto Me, all you that labor and are heavy laden, and I will give you rest” (Mt 11:28). He does not say, “Come to Me, all you that are relaxing and taking it easy.”

God Himself is a tireless worker — but He is not a workaholic. Even God who never sleeps “rested” on the seventh day after creating the world (Gen 2:3). Not only work but also an appropriate form of rest is part of God’s plan for us. For this reason God not only rested but blessed the seventh day (Gen 2:3). But what sort of “rest” is this?

The ancient world had a concept of rest known as “leisure.” For example, Plato taught that no one could be a true philosopher without leisure. In other words, philosophy was a form of undisturbed and unhurried thinking, a reflection based on spiritual experience as much as on any intellectual rigor. Aristotle felt that the way a society used its leisure time was the determining characteristic of its level of civilization. In either case, leisure was not “idleness” — it implied activity. Yet the activity of leisure was not utilitarian, but rather it had a spiritual or cultural character, and so was accompanied by a certain unhurriedness, a lack of distraction, and even silence.

It was God Himself who indicated to Moses the overarching characteristic of leisure: He commanded the Israelites to “remember the Sabbath and keep it *holy*” (Ex 20:8), “Holy” means *sacrificed*, something we have given to God and therefore *set apart* from our own goods or possessions. The rest instituted by God has a purpose: it is to nourish that aspect of our nature which is open to the transcendent. God is the horizon, if not the focus, of all leisure.

Leisure is not just about thinking and reflecting. It's about having the patience to enter deeply into whatever interests us, whether it be Scripture, study, literature, art, prayer, conversation, or just looking at a sunset, without hurry and without seeking “results.” Leisure is spiritual activity and involves spiritual freedom. It is a reflection of life in paradise, a taste of the eternal now, without past and without future. It nourishes the spiritual dimension of man’s life on earth. The Holy Fathers called its highest form “contemplation.”

Part 1 of 2

Confession of faith of the Day of Orthodoxy

As the prophets beheld, as the Apostles have taught,... as the Church has received... as the teachers have dogmatized,... as the Universe has agreed,... as Grace has shown forth,... as Truth has revealed,... as falsehood has been dissolved,... as Wisdom has presented,... as Christ Awarded,... thus we declare,... thus we assert,... thus we preach Christ our true God, and honor as Saints in words, in writings, in thoughts, in sacrifices, in churches, in Holy Icons; on the one hand worshipping and reverencing Christ as God and Lord; and on the other hand honoring as true servants of the same Lord of all and accordingly offering them veneration.

This is the Faith of the Apostles, this is the Faith of the Fathers, this is the Faith of the Orthodox, this is the Faith which has established the Universe.

Ss. Peter and Paul Orthodox Church News and Events

CHURCH SCHOOL 2017-2018

Registration for Church School is ongoing using this link: <https://goo.gl/forms/GQ6uQSnltimwgvJW2>. Also, please make sure to register with the church, including your email as most Church school announcements go out to the entire parish. School calendars are now available. We are also in need of snacks/drinks for the children--small and reg. juice boxes, juice pouches, small waters, individually wrapped snacks (PEANUT & TREE NUT FREE).

Mar 18 *2018 Pascha Prep Workshop and Art Projects due **Creative Arts Festival**

Flyers with information about this year's theme were handed out last Sunday. Please stop by the Church School office bulletin board to pick up a copy. All entries must be turned in by **March 18th**.

Food For Hungry

Food for Hungry boxes will be passed out on **February 18th**. Boxes will be due back to the Church School office by **April 29th**.

TEEN SOYO

Feb 25 *Teen SOYO Mtg./12:30p/LL Conf. Rm.

Apr 6 *Good Friday Vigil

Apr 20-22*Spring Delegates Meeting in NJ hosted by St. Anthony's Church in Bergenfield. More ...details to follow

Jun 27- *Parish Life Conference (PLC) at the

July 1 Antiochian Village. More details to follow.

Contact the Lay Advisors for more details:

Zaid Sharafudin / Zaid.sharafudin@gmail.com
Anees Mokhiber / anees_mokhiber@hotmail.com

YOUNG ADULT FELLOWSHIP

The Ss. Peter & Paul YAF welcomes all young people over 20 years of age to join in its social, educational, and outreach activities. Please contact Wayne Parr wayneparr@gmail.com or Amal Michael amall7m@yahoo.com for more information.

ANTIOCHIAN WOMEN

Mar 11-24 *Celebrate Antiochian Orthodox Women's Month/volunteer for Greeters, Tray, Collection, Reading the Epistle (English & Arabic). Let's show our pride in representing our Orthodox faith. Contact Donna Gavin at crazygavins@verizon.net.

Mar 17 *Tea Party w/St. George ladies/2p-4p/@Ss. Peter & Paul

May 12 *Antiochian Women Fashion Show/

MEN'S MINISTRY GROUP

Jun 11 *Ss. Peter & Paul Annual Golf Tournament/Reston VA. More details to follow

Jun 24 *Ss. Peter & Paul Festive Picnic/more details to follow

SS. PETER & PAUL OUTREACH VISITATION MINISTRY

The outreach ministry seeks to visit and to assist the elderly, the sick, and those who are housebound, shut-in, or living in nursing homes. Volunteers are needed who are willing to call and to visit and to reach out to our elderly brethren. All those willing to help please contact the coordinators of the group: George & Alma Jean Zaki at (georgezaki@gmail.com or ajmzaki@gmail.com), Alex Cox at (alexcoxsells@gmail.com) or Fr. Isaac at (frisaac@peterpaulpotomac.org). Our Parish is grateful for this ministry remembering that when we visit the sick and the infirm we visit Christ himself.

THE PARISH GIFT SHOP

The Ss. Peter and Paul Parish Gift Shop is newly stocked with books, bibles, Icons, CDs and all kinds of hand-made religious items with many items for children. The Gift Shop will open every Sunday following Liturgy. For information contact Alma Jean Zaki at (703) 283-9338 or

CHURCH CALENDAR

- Feb 25 *40-Day Memorial for Nimatallah Tawil
*Teen SOYO Mtg./12:30p/LL Conf. Rm.
*Pan-Orthodox Vespers at the Greek Orthodox Cathedral of St. Sophia, Washington DC /5p
- Mar 10 *Baptism/Nash Frederick Hines/12p
- Mar 11 *Daylight Savings Time (spring forward)
- Mar 11-24*Celebrate Antiochian Orthodox Women's Month (see AW Box for more information)
- Mar 17 *Antiochian Women/Tea Party w/St. George Ladies/(see Antiochian Women box for specific details)
- Mar 18 *Church School Pascha Prep Workshop
*deadline for Creative Arts Festival entries (see Church box)
*April Outreach Program/Packing Meals for Less Fortunate/following Liturgy
- Apr 01 *Palm Sunday—No Church School
- Apr 06 *Teen SOYO Good Friday Vigil (more details to follow)
- Apr 08 *Pascha
- Apr 20-22*Teen SOYO/Spring Delegates Mtg./see Teen SOYO box for more details)
- Apr 29 *Return Food for the Hungry Boxes to Church
- May 12 *Antiochian Women Fashion Show/11:30a @Congressional County Club
- Jun 02 *Fund raising Reception for Syrian Orphanages (more details to follow)
- Jun 11 *Ss. Peter & Paul Annual Golf Tournament/Reston VA (more details to follow)
- Jun 24 *Ss. Peter & Paul Festive Picnic (location TBD)
- Jun 27- Jul 1 *Parish Life Conference at the Antiochian Village (more details to follow)

THE EPISTLE

Blessed art Thou, O Lord, the God of our fathers.

For Thou art just in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets; who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, and put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

March 18 Outreach Program Just as we did last year, the Church is sponsoring an OUTREACH Program on March 18 immediately after church. Last year, thanks to your generous donations of time and money we had well over 100 volunteers who helped us pack over 20,000 meals to reach those in our local area who are less fortunate than we are. The event created a sense of community and love that we all felt and we appreciate all of those who participated. **We are doing it again!** The more money we raise the more meals we can pack. With \$6250 we can pack 25,000 meals. Think about all of the lives we can help. But we also need you all to come again and participate. Please, make it a priority on March 18 and put it on your calendar! We are looking for no fewer than 12 volunteers from each of the following: The Choir, The Men's Ministry; the Antiochian Women; the Young Adult Fellowship; Teen SOYO, The Council, the ushers and chanters, and the parish at large! People of all ages can participate in this wonderful event. We need to show our local community that their Orthodox brethren love and care for them. For more information please see Carol Laham or Michele Forzley to make a donation.

CHURCH SCHOOL

Directors

Samia Zolnerowich

Jennifer Buchko

Teachers

Jumana Misleh

Susan Kozlov

Rose Ansara

Chrissy Mackoul

Michelle Zook

Dina Saah

Dara Potter

Claudia Rabie

Christine Morin

Jennifer Montgomery

Caroline Jarboe

Stephen Zolnerowich

Anees Mokhiber

AJ Wood

Philip Allen

MENS CLUB

Sam Khalil

ANTIOCHIAN WOMEN

Carol Laham

TEEN SOYO

Lay Advisors

Zaid Sharafudin

Anees Mokhiber

Officers

Kinda Callas

Julia Allen

Joud Al-Kallas

Josian Azar

Tia Saah

YOUNG ADULT

FELLOWSHIP

Wayne Parr

Amal Michael

ADORNMENT

Shams Akkawi

Jamil Hermes

FACILITY

MANAGEMENT

Sam Berberian

Nick Nahas

Bob Simon

RENTAL

COORDINATOR

Barbara Abraham

CHARITIES

Sam Sahouri Ghanem

FINANCE

Salim Habayeb

STEWARDSHIP

Commemorations

For the servants of God that they may have mercy, peace, health, salvation and visitation, pardon and remission of sin; the Lord God remember them in his Kingdom always: now and ever, and unto ages of ages

For the Servants of God departed this life: the Lord God remember them in his kingdom always: now and ever, and unto ages of ages

Parishioners who remain in our prayers continually

Margaret Ashley	Brian Briggs	Mary Smith
Isabel Threddeh	George Brown	Nabeeha Ayoub
Everett Alvarez	Holly Dubois	Robert & Thelma Badwey
Edmond & Sophie Neam	Miriam Yazge	Barbara Abraham
George & Joan Abraham	Lulu Brown	Martin Pinkstaff
Suad Shammas	Mary Bazargan	Michael Buchko, Sr.
Edward Rizkallah	Dorothy Marge	Douglas Kalish

DEPARTED
 Presvytera Barbara Voyiazakis
 Susan Shahade
 Eliane Capdeville
 Ramez Raphael El-Helou
 Helen White
 Alex & Sadie Hier
 Janie Cox
 Helen Sheahin
 Nimatallah 'Norman' & Helweh Tawil
 Farag Tawil
 Issa Zanayed
 Yusra Zanayed

LIVING

Leila Khoury	Bob Petrossian
Louise Magelli	Julia Fayad
Mark Buchko	Debbie Brown
Joyce Kogok	Robert & Joyce Najjar
Betty Adam	Kevin Schwab
Joe Gavin	Nabil Barbari
Rima Rizkallah & Family	George & Joanna Khoury
Asma Hamameh Trey	Vilma Bellone
Caroline Helou & Family	Siham Ayoub & Family
Daniel Elias	Zaki, Suha, & Elias Peter Horany
Rene Saa	Alex Azar
Nawal, Johny & Family	Elias, Ghada & Family
Bassam, Georgette & Family	Nelly, Jerry & Family
Tagreed & Family	Nadir, Silvia & Family
Charlie	Jack, Beth & Family
The Zanayed Family	Iyad Zanayed
Assad & Patricia Khoury	

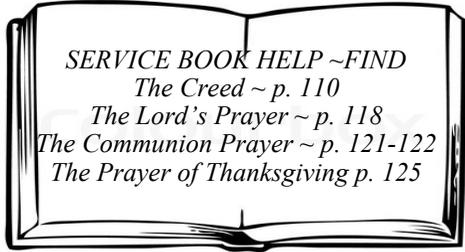
Orthodox Christians
 Faithful Orthodox fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Communion, communicants should not be conscious of grave sin, have fasted from the night before taking communion, and seek to live in charity and love with their neighbors. Persons conscious of grave sin must first be reconciled with God and the Church through the Sacrament of Penance (Confession and Absolution). A frequent reception of the Sacrament of Penance is encouraged for all.

Non-Orthodox
 We welcome to this celebration of the Eucharist those Christians who are not fully united with us. It is a consequence of the sad divisions in Christianity that we cannot extend to them a general invitation to receive Communion. Orthodox believe that the Eucharist is an action of the celebrating community signifying a oneness in faith, life, and worship of the community. Reception of the Eucharist by Christians not fully united with us would imply a oneness which does not yet exist, and for which we must all pray.

Not Receiving Communion
 Those not receiving sacramental communion are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus and with one another by receiving a piece of blessed bread following the dismissal prayers.

Welcome to Ss. Peter and Paul
 To encourage our worship in a proper spirit of prayer and devotion, we respectfully ask you to enter the sanctuary quietly during the Divine Liturgy.
PLEASE DO NOT ENTER OR EXIT THE SANCTUARY AS
 - the clergy censes the sanctuary
 - the congregation is standing, or
 - during the Little Entrance with the Gospel
 - during the Reading of the Epistle and the Gospel
 - Please enter the sanctuary upon the completion of
 - the sermon
 - the Great Entrance with the Holy Gifts
 - the Prayers of Consecration p. 112-113
 - the Hymn to the Theotokos "It is Truly Meet"
 Please follow the directions of the ushers during Communion and dismissal; refrain from using cell phones in the narthex; and be considerate of those praying and converse in the hall, outside or downstairs.

Visitors
 If you are visiting our parish, please let us get to know you. Complete a visitor card you will find in your pew, and drop it in the ushers tray or the collection box.



HOLY BREAD OF OBLATION OFFERED BY:
 The Tawil Family/40-Day Memorial for Nimatallah 'Norman' Tawil

MEMORIAL WHEAT
 The Tawil Family/40-Day Memorial for Nimatallah 'Norman' Tawil

FELLOWSHIP OFFERED BY:
 The Tawil Family/40-Day Memorial for Nimatallah 'Norman' Tawil

Call for Needs – Antiochian Women's Parish Outreach
 Please let us know if you, or a Ss. Peter and Paul parishioner friend or relative has a need where prayers, a meal, phone calls, visit or a card could be of some help. The Antiochian Women have a designated outreach to prepare meals for members of our Ss Peter and Paul parish family in need, for example. (Please call or e-mail Caroline Jarboe, who coordinates a team to prepare meals at caroline_jarboe@yahoo.com; 301.322.4241.) We also have an outreach to offer prayers, cards and phone calls to keep in touch. (Please call or e-mail Barbara Bosworth for this parish family outreach at bybosworth@fcps.edu; or text at 703-278-3161). We want to be proactive, but can only lend our support when we know of the needs, so please let Father Isaac, or Antiochian Women's group coordinators know when we could be a support, as we have a team for these times. ("For where two or three gather together as my followers, I am there among them.") In addition to this support through Antiochian Women, Ss Peter and Paul parish also has an *Angel Fund* (initiated by the Antiochian Women) coordinated by Father Isaac, and an *Outreach Visitation Ministry*. Many of us have read the compelling story in this month's *Word Magazine* (pages 22 and 23) how prayers and grace through anointing heal. Know that you are part of our parish family, God's family, and together we seek to support one another through our Lord and Savior Jesus Christ.